

50 55 74 56

J.

14
15

Passed March 18th 1826

An
Inaugural dissertation
on

GOUT

Submitted to the examination of
the

MEDICAL FACULTY

of the

University of Pennsylvania,

for the

Degree

of

DOCTOR OF MEDICINE.

By

Henry F. Pickers,
Wilmington Del.
1825

Apr. 1861

GOTT

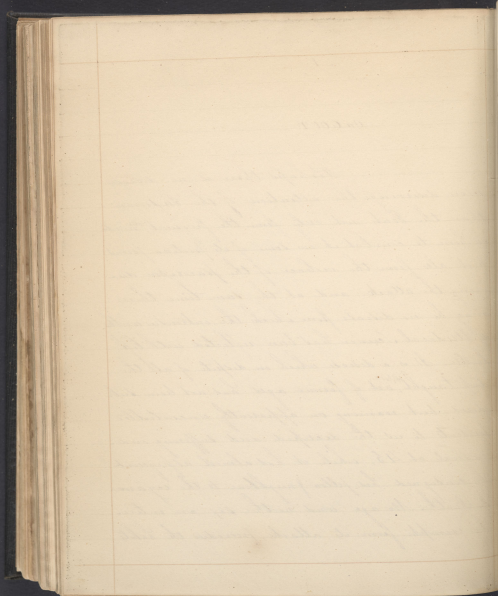
County of ...

...

...

On GOUT.

Perhaps there is no disease more deserving the attention of the Physician than the Gout, not only from the frequent ^{occasions} made on him to combat it in some of its most dangerous forms but also from the violence of the paroxysm during the attack; and at the same time there may be no disease from which the intricacies of Medical Science has been reflected with less light. It is a disease which in despite of all the deep taught ^{philosophy} art of former ages had not been subdued, but roaming on apparently unconquerable grounds to us the decrepid and suffering individual at 45, while it had almost as frequently consigned his fellow young man to the icy arms of death. No age and neither sex are entirely exempt from its attacks, provided the habits



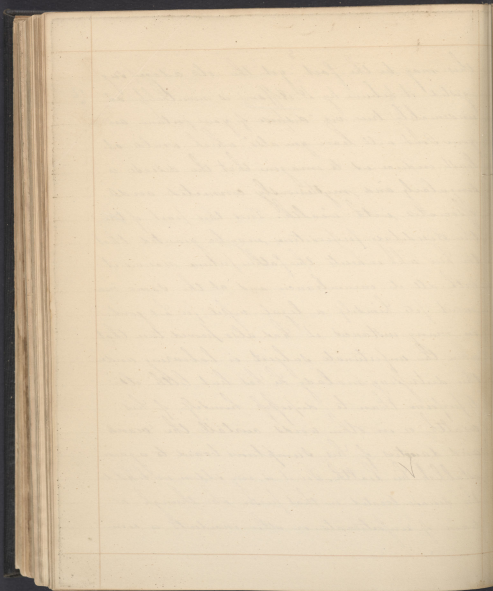
and constitution of the patients are prepared to receive its operations; for I have witnessed it in the young and sanguine and in the aged and infirm.

The venerable ~~Wm~~ Cullen M.D. in his inestimable essay on Pout has in his remarks on this disease informed us that the acute inflammation, is the only disorder than can be possibly be mistaken for Pout; and this opinion is supported by Stokes, Shaw, Allan, Thomas & all other authors who have written on the disease. However previous to my entering into a minute description of the differences of the diseases it may be essential that I should give an outline of the Pout itself.

It has been asserted that Pout was a hereditary disease, this opinion has its origin in, & was propagated ^{from} this circumstance, that the disease frequently arose from apparently no direct and visible external causes. Now though

V

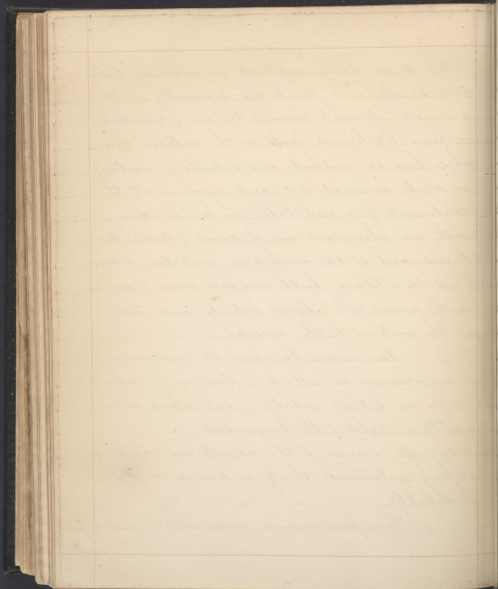
3
this may be the fact, yet the old adage (sug-
gested I believe by Dr. Hoffman) is nevertheless as ?
undeniably true viz. "dispose of your fortune and
your Doct will leave you also," which would at
least induce us to imagine that the disease is
singularly and mysteriously connected and
associated with wealth. Thus this part of the
the Hereditary proposition may be granted that
the heir who inherits the father's fortune receives it
with all its encumbrance and at the same mo-
ment fits himself a legal pupil for his gout:
in many instances it has also proved true that
when the unfortunate subject is labouring under
this distressing malady he has but little else
to perform than to dispossess himself of his
wealth, or in other words curtail the "vicars
and dauphins of his sumptuous board to again
establish his health. For it is very seldom we behold
the disease located in that person who through a
train of unfortunate or other incidents is com-



1
pulled to be daily employed in manual labour,
and so also is it found less frequently in the
man who denies to himself the use of spirituous
or fermenting liquors; and on the contrary, those
whose lives are indolent and sedentary, dwelling
in a full animal diet, and enjoying all the
condiments of a rich table in combination
with an abundant use of wines & fermenting
liquors; and at the same time neglecting to con-
sider the Phthia, by the necessary degree of exercise
are the persons who almost entirely and alone
are the victims of the disorder.

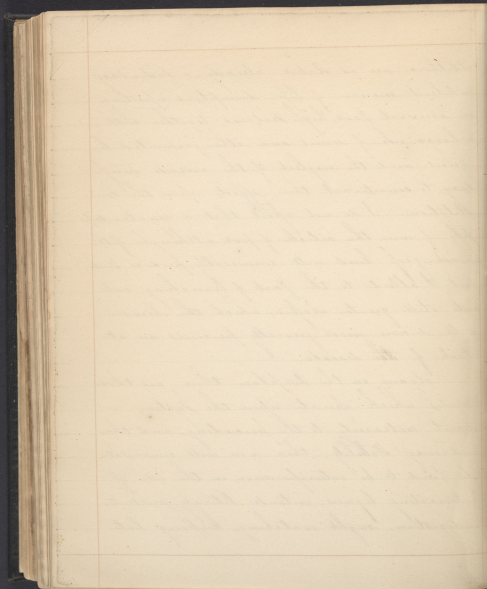
The means by which the constitution
is prepared for an attack of P^h are of two kinds
1st The use of those articles of diet which induce
a phthoric habit of the body, and
2nd The denial of the accustomed and nor-
mal nutriment thereby inducing a state
of debility.

Those predisposing causes which induce



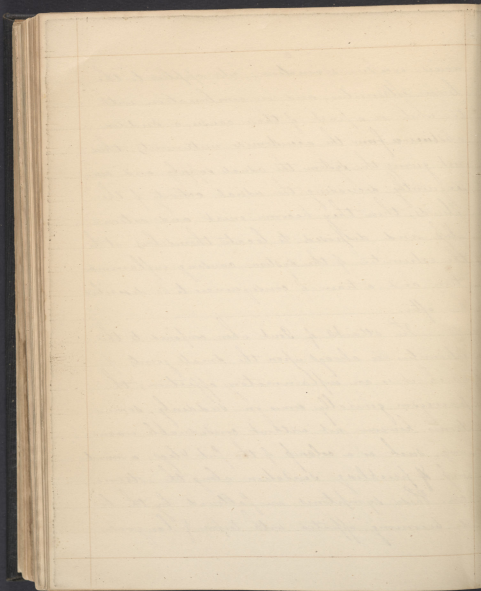
2
Dithers, are as stated already, a sedentary
indolent manner of life, sumptuous expensive,
in animal food high seasoned, together with
a large use of wines and other fermented be-
verages, and the neglect of the exercise neces-
sary to counteract these effects upon the con-
stitutions. I do not assert that a regular sup-
ply of even the articles of food although of the
most gross kind will universally produce Pout
but I allude to the fact of branching out
into still greater vices, which the observer
will discover most generally precedes an at-
tack of the disease.

Again in the Displace there are those
causes which operate upon the system in
direct contrariety to the preceding, and thus
endanger Sobriety, those you will universally
find to be intemperance, in the use of
stimulating liquors, intense literary pursuits,
indigestion, night watching, keeping late



and, except in occasion, also applies to the lower extremities, and in combination with the whole or a part of those causes, a sudden abstinence from the accustomed nutriment, thus not giving the system the usual supply and consequently decreasing the usual activity of the fluids, then they become inert and actionless and disposed to locate themselves at the extremities of the system causing inflammation and a train of consequences to be described hereafter.

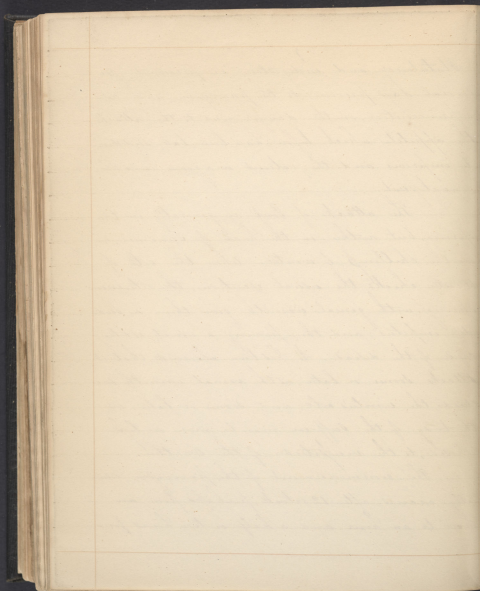
The attacks of Gout when confined to the extremities is always upon the small joints of which it is an inflammatory affection; the paroxysm generally comes on suddenly, sometimes however not without considerable warning, such as a colic of the feet & legs, a numbness & prickling sensation along the extremities. These symptoms are followed by the body becoming affected with torpor & languor;



Stomach and indigestion are perceived for several days previous to the paroxysm, and as a premonitory, on the day previous to the attack the appetite which before has been lost, suddenly improves, and the patient imagines himself convalescent.

The attacks of Gout are generally in the spring, but neither in the heat of summer, nor in the chillings of winter. When the cold of winter checks the usual exertions, the returning spring, with genial warmth gives them a sudden impetus, and thus proving a usual exciting cause of the disease. It has been observed, that it attacks sooner or later, as the vernal warmth succeeds the winter's cold, and sooner or later, as the body of the sufferer may be more or less exposed, to the vicissitudes of the weather.

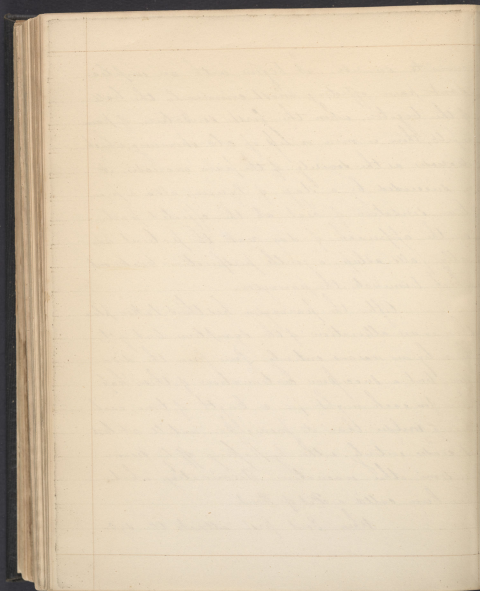
The commencement of the paroxysm usually occurs after 12 o'clock, perhaps from an hour to an hour and a half or two hours pre-



views to sunrise, it begins with an unpleasant pain affecting most commonly the ball of the big-toe, when the first sensation of pain is felt, there is more or less shivering, which decreases as the severity of the pain increases, it is succeeded by a Stage of Pyrexia, also a peculiar sensation of heat at the affected part, on the approach of day-break the patient usually falls asleep, a gentle perspiration breaks out which terminates the paroxysm.

After the paroxysm has thus taken place there is an alleviation of the symptoms, but yet, he is by no means entirely free from the disorder, but a successive continuation of these attacks for each night for a length of time, each being milder than its predecessor, untill at last it ceases entirely, either by dropping off by urine or some other evacuation. Terminating what has been called a Fit of Gout

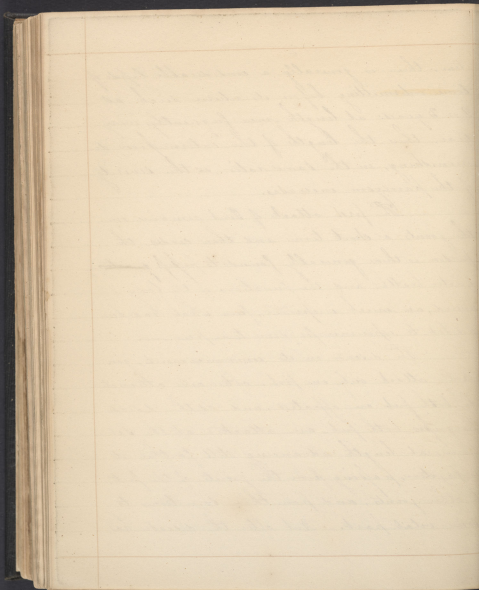
When Gout first attacks the sys-



tion, there is generally a considerable lapse of time intermitting before its return such as 2 or 3 years: at length more frequently, very rare, thus the length of the intermission diminishing, in the same ratio, as the severity of the paroxysm increases.

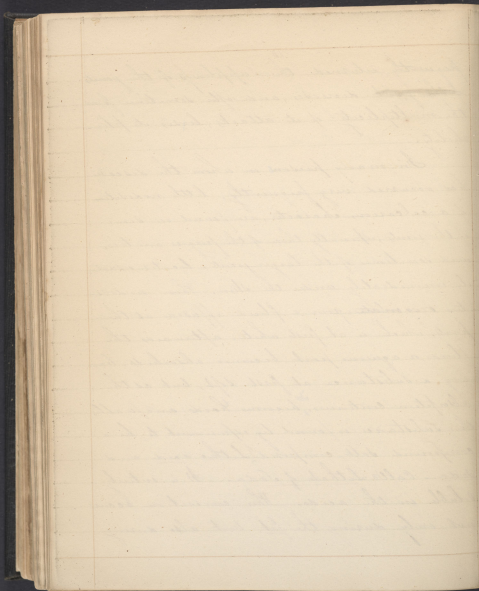
The first attack of Gout remains on the joints a short time and then ceases, the person is then generally found to possess ~~perfect~~ ^{greater} health, and the functions of the body & mind, are much improved, from what had been his lot to experience for some time previous.

The disease in its commencement, generally attack only one foot, afterwards alternately both feet are affected, and as the disease progresses both feet, are attacked at the same time, at length advancing still farther it is fugitive, passing from the joints of the feet, to other joints, and from those sometimes to some vital part. But after the disease has



frequently returned; the suppleness of the joints ~~with~~ ^{the} ~~first~~ decreases, and after sometime from the multiplicity of its attacks, loses its pliability.

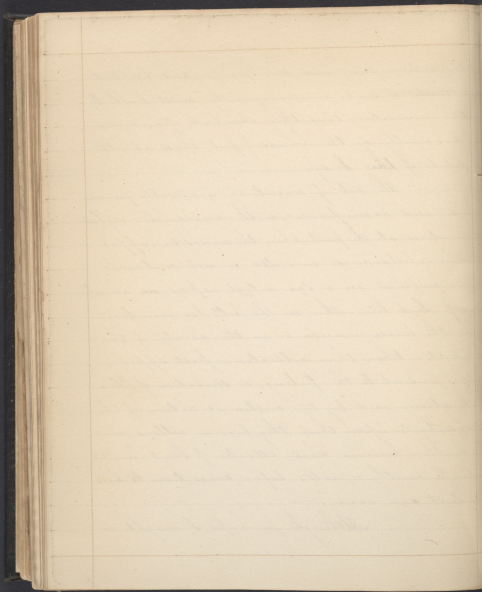
In many persons in whom the disease has occurred very frequently, little nodosities of a calcareous character, are found on some of the joints, especially those of the fingers and toes, and sometimes of the larger joints, located usually immediately under the skin. These nodosities originate from a fluid effused at those parts, which is at first white, afterwards the fluid or aqueous part becomes absorbed, leaving a substance at first soft, but as the absorption continues, ^{it} becomes hard and spiculate; this substance is found by experiment to be a compound salt, composed of lithic acid and soda. - Call's Lithak of Soda. It is entirely insoluble in the acids. This conversion occurs not only during the fit but also during



the interruption and those parts most liable to attacks of Gout, are consequently most liable to the nodosities; thus they should be found more frequently on the hands & feet, than at other parts of the body.

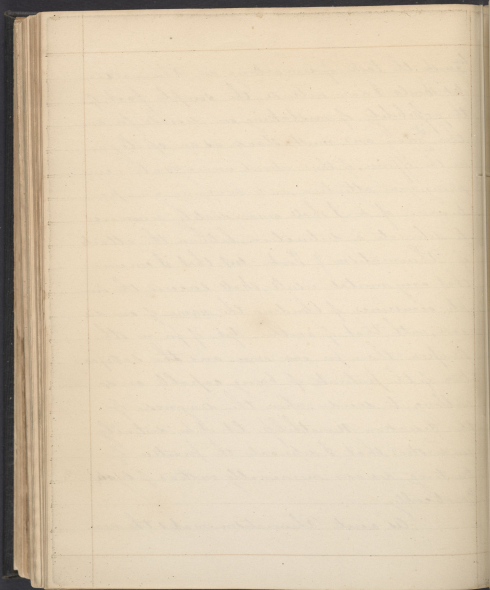
The act of concretions, is usually preceded and accompanied, with considerable inflammation at the part, when the nodosities appear. The substance so concreted is not contained or confined in a sac or cyst as pus, or an abscess, but lies either in the cellular membranes or the bursa mucosa, or in the cavity of the joint. When these collections first appear, they present to the feeling, a sensation of fluctuation, and by the continued action of the absorbents upon them, they become callous and firm; however, what attacks of Gout must be frequently repeated, before concretions to any extent can occur.

Although perhaps I might re

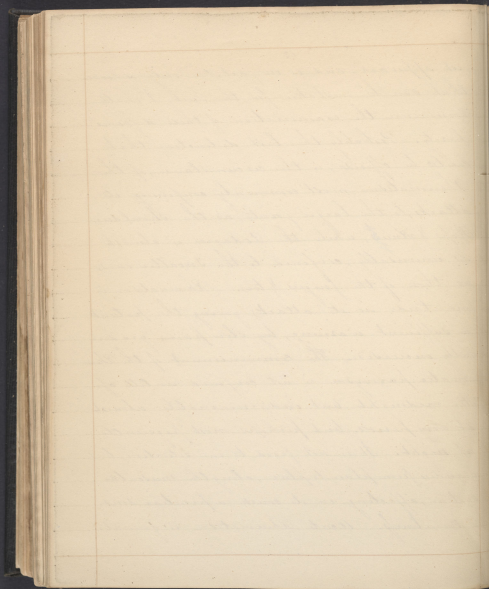


to finish the task of remarking on Rheumatism,
 but should I dare intrude, the simple fact, of
 the possibility of mistaking one disease for another,
^{if it} may, and must stand, as an apology,
 for the offence, of thus almost unnecessarily occu-
 pying your attention, and wearying your pa-
 tience: if so I shall immediately commence
 to delineate a distinction, between the attacks
 of Rheumatism & Gout. Not that I conceive
 that any mortal result, shall succeed the sim-
 ple occurrence of blinding the name, of one dis-
 ease, with that of another, yet of for no other
 purpose than for our own, and the satisfac-
 tion of the patient, of being capable and so
 willing, to decide, upon the diagnosis of
 the disease—Nevertheless, let it be distinctly
 understood, that I deprecate the practice of
 treating, disease nominally instead of crystal-
logically.

As acute Rheumatism makes the near-



its approach, and is in fact, the only disease that can be mistaken for the Gout, I shall commence the examination of their dissimilarity. Probably the best distinction that could be offered, is the circumstance, of the Rheumatism most commonly confining its attacks, to the larger joints, as the Shoulders, Hips & Knees, while the Podagra is almost as universally, confined to the smaller ones, as those of the fingers & toes. Rheumatism is more tardy in its attacks giving the patient a sufficient warning, by slow pains gradually increased. The commencement of the Rheumatic paroxysm is not confined until after midnight, but indiscriminately almost at any period, but perhaps most frequently at night. It is not fixed to one situation, but wanders from place to place, along the muscular system, affecting in its course a peculiar sense of numbness. Acute Rheumatism is general-

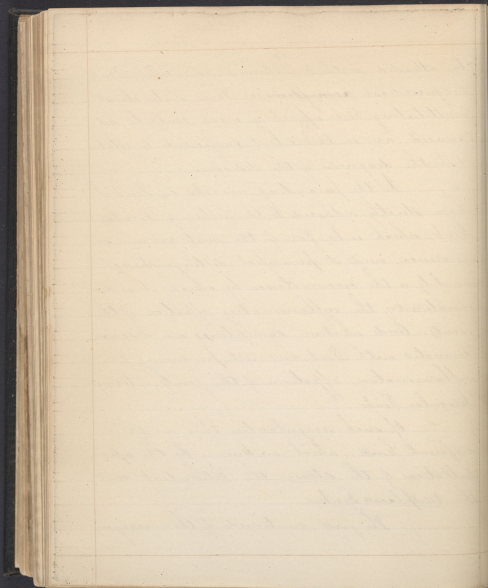


14
is attended with a continued fever, a soft Pout
and periodical remissions &c. These distinctions
constituting but a part of what could be ad-
vanced, are in themselves sufficient to estab-
lish the diagnosis of the disease.

In the preceding remarks on Pout I
have strictly adhered to the history of Regular
Pout, which is by far of the most common oc-
currence, and its principal distinguishing
quality is the circumstance by which it is des-
ignated, viz the inflammatory affection of the
joint. And whatever symptoms are discover-
ed united with Pout, and not producing this
inflammatory affection of the joint, is termed
Irregular Pout.

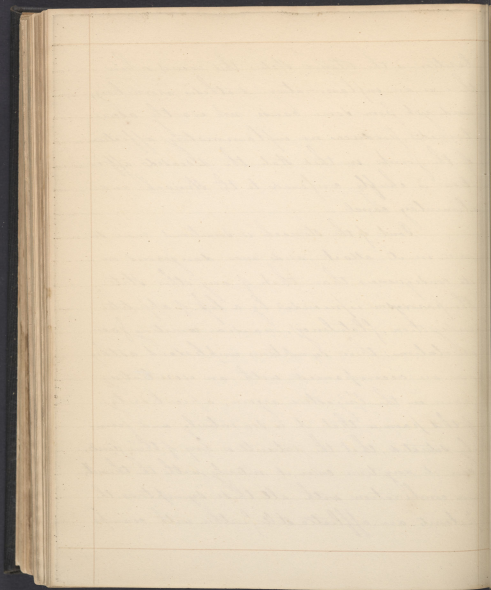
Of such irregularities there are three
different kinds, which are known by the ap-
pellations of the atonic, the Retrudent and
the Misplaced Pout—

The first mentioned of these irregu-

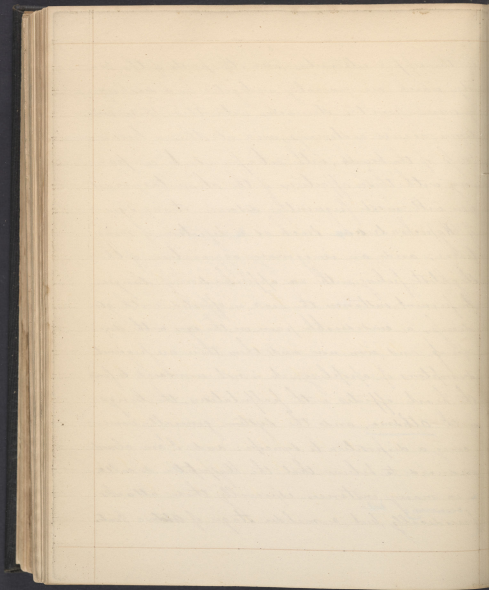


13
larities is the atonic state; this occurs when there is an inflammatory diathesis prevailing, and yet from some cause not exactly ascertained, produces no inflammatory affection of the joints: in this state the diseased affection is chiefly confined to the stomach and elementary canal—

Pain of the stomach is sometimes more severe in its attack and more dangerous in its consequences than that of any other state. The paroxysm is preceded by a loss of appetite, indigestion, flatulency, nausea, vomiting, facie's, eructations; these symptoms unpleasant as they are, are accompanied with an excruciating pain in the Epigastric region; a peculiarity of this pain is that it is so entirely and firmly situated, that the patients or any of their friends, can at any time cover it entirely, with the thumb; in combination with all these symptoms, the patients are afflicted still further with cramps

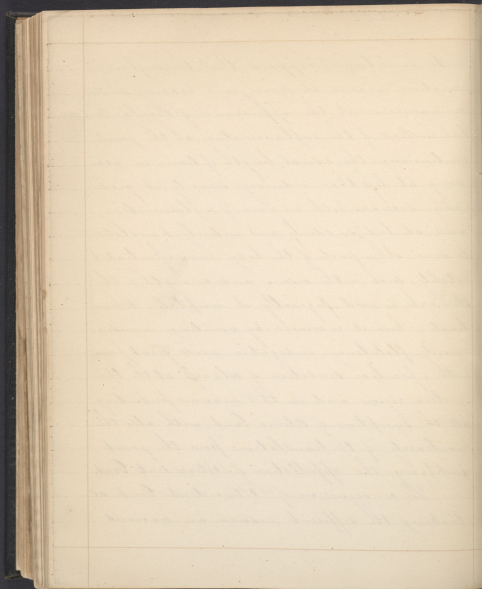


in the upper extremities, and other parts of the body, which are generally mitigated by a discharge of mucus from the stomach, with throbbing sometimes occurs costiveness, and at others a looseness of the bowels, with colic pains. In company with these affections of the alimentary canal, you will most frequently discover strong signs of Hypochondriasis, such as ~~a~~ dejection of mind, terror, and an imaginary aggravation of the slightest feeling, with an apprehension of danger. In frequent instances the head is affected with giddiness, a considerable pain in the eyes with dimming, and even now and then there are frequent symptoms of apoplexy; it is not unusual to find the heart affected with palpitations, the lungs with Asthma, and the system generally exhibiting a disposition to syncope; and I am almost induced to believe that the Hypochondria is called, in many instances, especially those attacks occurring ^{and} periodically, but a milder stage of Asthenic Gout.



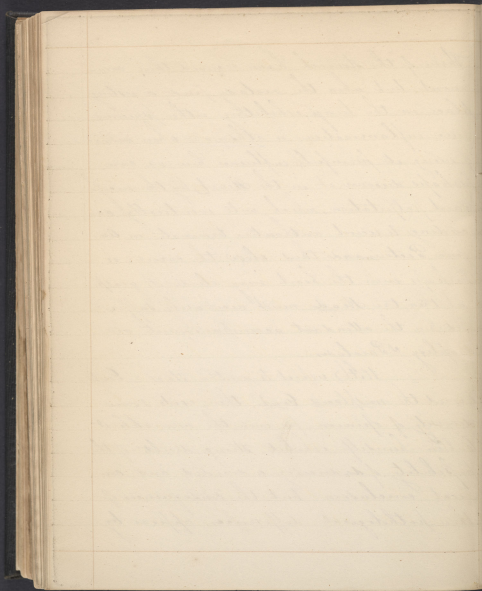
17
It sometimes happens that the inflammation occurs at some joint bearing in its commencement the appearance of Regular Sont but instead of the inflammation at the joint continuing the usual length of time, on arriving at less than ordinary severity, it gradually decreases, both in pain & inflammation, and at last "suddenly and entirely translated, to some other part of the body more essential to vitality, such as the viscera, and among these the stomach is most frequently its receptacle. When located here it is marked by vomiting, nausea, anxiety, flatulency, indigestion and great pain with a peculiar sensation of coldness at the Epigastric region, and in this manner presenting all the symptoms of Atonic Sont, with also the peculiarity of the translation from the joint justifying the appellation of Retrocedent Sont.

The consequences of Retrocedent Sont attacking the different viscera are various

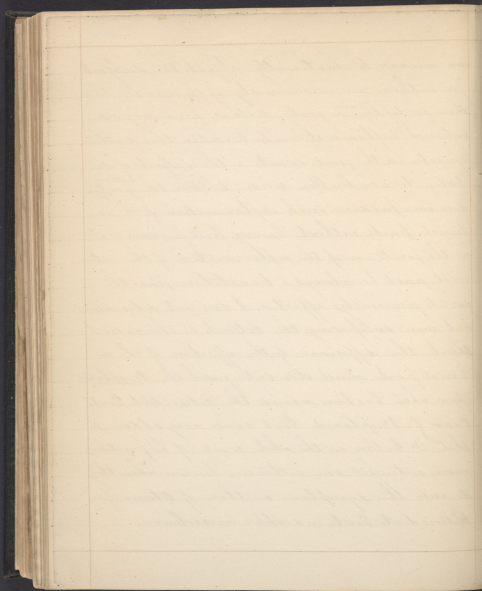


those of the stomach have received their com-
ment, but when the melaeny finds a resting
place in the lungs, exhibiting either pneumo-
nia inflammation a asthma; when instead
of using its powerfull influence here we can
perhaps discover it in the Heart, by the inif-
sant palpitation, which will eventually ac-
cording to recent authorities terminate in an-
gina Pectoris, and thus close the career; or
perhaps even the heart may elude it, grasp
but then the Head must necessarily suffer;
and here the attendant accompaniments are
apoplexy & Paralysis.

With respect to another stage of Fout
termed the misplaced Fout, there exists some
diversity of opinion, for even the venerable B^r
Cullen himself exhibits strong doubt of the
possibility of deducing a decided and cor-
rect conclusion. but the consequences of
these pathalogical differences, appear by



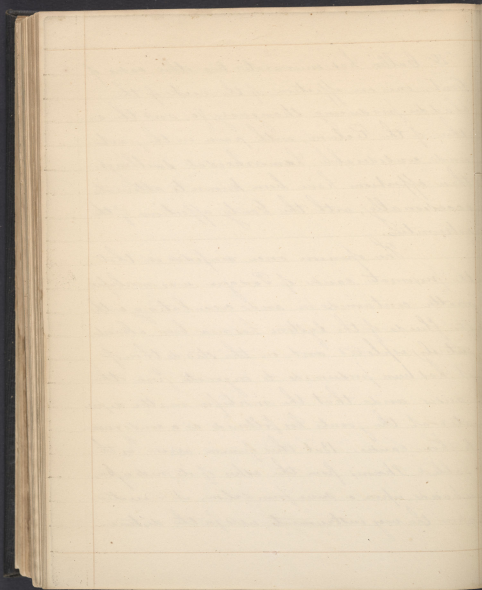
no means to materially affect the subject
for authors are unanimously of the opinion, that
there evidently ^{arise} a gouty diathesis producing an
internal inflammation, but whether this diathesis
operates on the joint or not is the subject of de-
bate to use Bullen's words "Whether the ^{diathesis} gouty
does ever produce such inflammation of the in-
ternal part, without having first produced it
in the joints, or if the inflammation of the inter-
nal part be always a translation from the
joints previously affected, I dare not determine;
but even supposing the latter to be the case, I
think the difference of the affection of the in-
ternal part, must still distinguish the Misplaced
from what has been named the Retrocedent Gout."
Cases of Misplaced Gout occur very seldom, so
that Dr. Bullen in the whole course of his practice,
never witnessed one instance; however when they
do arise the symptoms are those of Atonia, &
Retrocedent Gout, redoubles in violence.



20

Dr. Gallien has enumerated two other cases of Gout, one an affection of the neck of the bladder producing strangury &c, and the other of the Rectum, with pain in the part and considerable Hemorrhoidal swellings; these affections have been known to alternate occasionally, with the Gouty affections of the extremities.

The opinion once confined in that the proximate cause of Podagra was morbid matter contained in and circulating with the fluids of the system has now been almost entirely exploded and in the stead thereof it has been presumed to originate from other causes and that the morbid matter deposited at the joints has followed as a consequence to these causes. But this opinion arising as the fallen Phoenix from the ashes of its predecessor, is based upon a sure foundation, it is erected upon the very instruments used for the distinc-

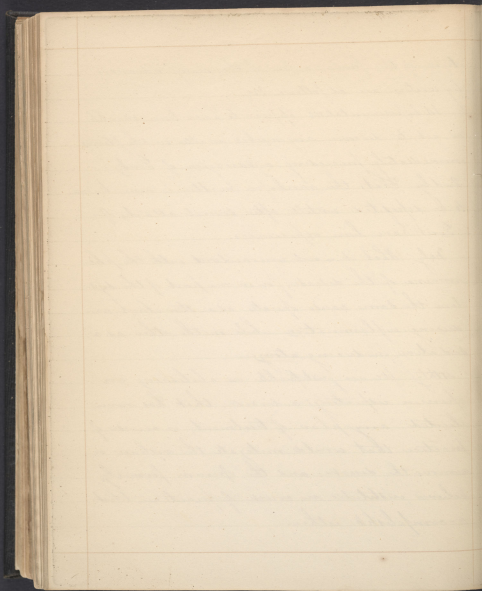


21
tion of the fever, a few of the many advances
by writers are as follows. Viz,

1st Experimentalists appear to have been unable
as yet, to discover any morbid matter in the fluids
immediately preceding a paroxysm of Gout.
2ndly That, the morbid matter is never known
to be deposited untill after several attacks of
Gout have been experienced.

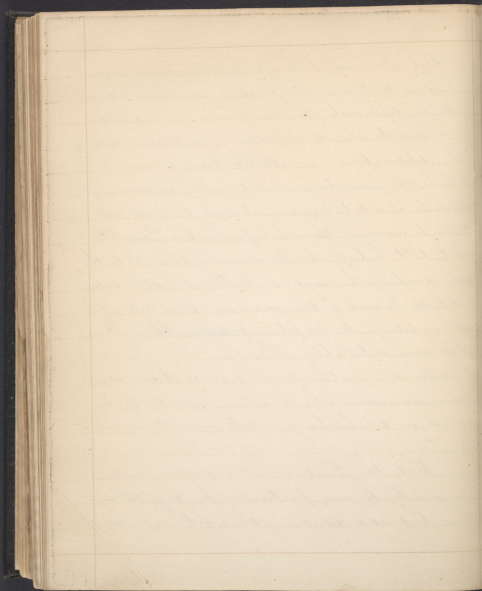
3dly That it is not concomitant with the phe-
nomena of the disease; for in one part of the sys-
tem the same cause operates as a stimulant pro-
ducing inflammation while on the other as a
sedative producing atony.

4thly We are justifiable in abolishing an
opinion respecting a disorder that has never
admitted any plan of treatment, or course of
practice that would mitigate the violence or
remove the disease: and the opinion formerly
believed, institutes no course of practice that
accomplish'd either.



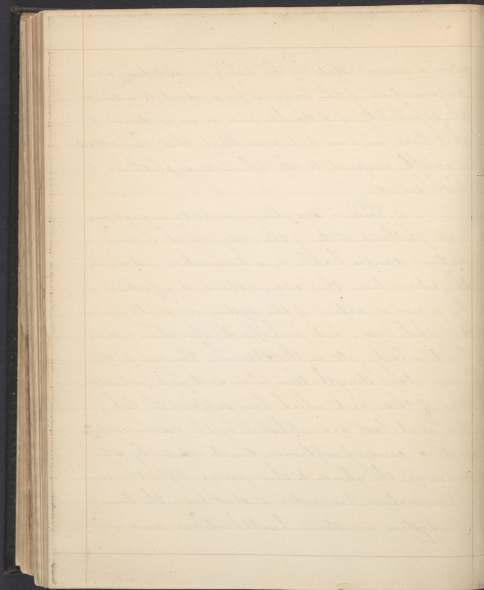
But these are but ²² a part of the great mass
of reasons that, were it ^{possible}, might be adduced
to depreciate the one opinion on this sub-
ject, and to elevate the other upon that basis.
The depreciation, nevertheless, I am induced to
believe the preceding as satisfactory evidence, suf-
ficient if not to convince at least to cause all
those to examine their belief, who have ^{not} resolved,
that that belief should remain, though truth
were darting his rays as brilliant as the helio-
centric beams of the meridian sun full upon
it, rendering its deceptive & ~~depressible~~ influence
still more detestable. Thus then I concluded
to defer all further proof because I can dis-
cover no reason why a volume should be de-
voted in establishing a self evident propo-
sition.

That the Gout is not a disease, confined
primarily to any particular part of the sys-
tem, but as a disorder of the whole depending



upon a general state ²² of the Habit, constitution, and
enervation of the body is too evident to admit
the possibility of a doubt, and as an evidence of
that fact, we have but to recollect that the attack
is chiefly confined to the robust and plethoric of
both sexes—

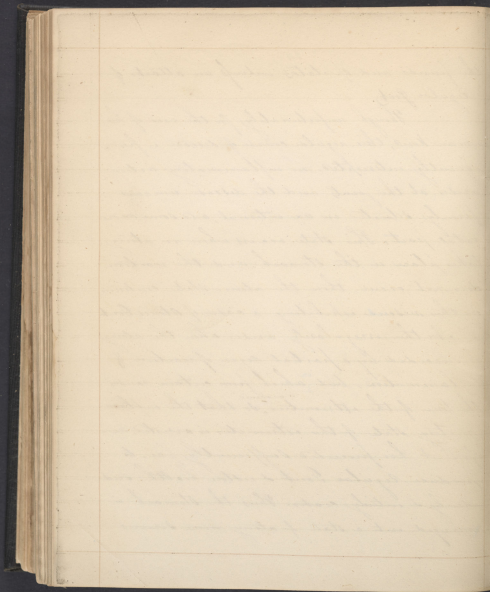
There is sometimes a certain vigorous
and plethoric state of the body, which is from
certain causes liable to a diminution of Tone in
the extremities; this circumstance a affection is
by a general action of the system conducted over
the whole body, but perhaps its operation is more
particularly felt on the Stomach: Then while the
brain retains strength there is an exertion to restore the
tone of these parts which have suffered the loss, &
this is at last accomplished by the vis medicatrix
nature, causing inflammation to arise by deter-
mining the fluids to these parts: After this in-
flammation has existed a short time, the tone of
the system is restored, Health restored, and we



the friends and spectators witness an attack of
Regular Gout

Though unfortunately, for the race of hu-
 man kind, this regular course of disease is fre-
 quently interrupted, no inflammatory action
 arises at the joint, and the disease remains
 firmly situated in an internal, and some more
 vital part. This state occurs when an atony
 takes place in the stomach, and the reaction
 does not occur, then the atonic state continues,
 in this instance exhibiting a case of Atonic Gout.

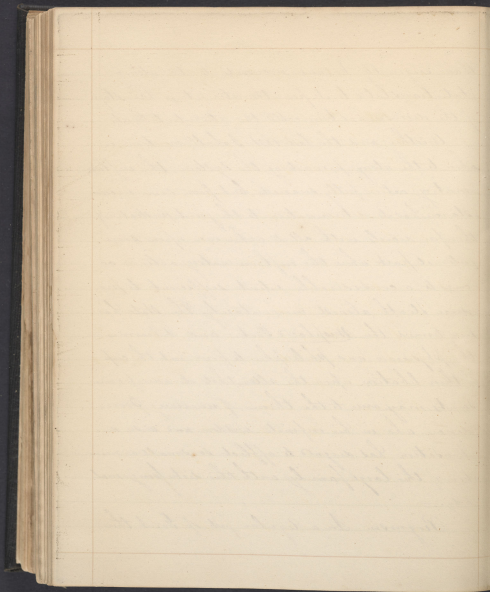
Another irregularity arises when the atony
 is succeeded by a partial degree of reaction &
 inflammation, but ⁱⁿ which from certain causes
 the tone of the extremities ^{is weakened}, so that the inflam-
 matory state of the extremities is arrested, be-
 fore it has proceeded sufficiently far, to
 produce Regular Gout & restore health, sud-
 denly & entirely ceases. Thus the stomach is
 purged into a state of atony more serious



than originally, because increased by the abuse
State translates to it from the extremities. This stage
of the disease has been called the retrocedent Scurvy.

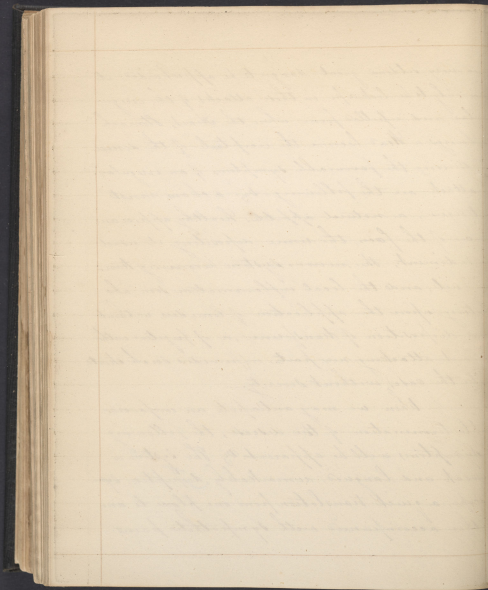
Another, and the last that I shall mention is
when to the atony pervading the system, the inflam-
matory action fully succeeds, but from some circum-
stances has its determination to the joint frustrated, &
therefore recoils with all its vehemence upon some
internal part, where the inflammatory action oc-
curs to a considerable extent sufficient to pro-
duce death almost momentarily. This State has
been termed the Misplaced Scurvy, and it becomes
the physician and philosopher to pour out the cup
of their libation upon the altar, that its odiousness
may arise to the throne of unerring Provi-
dence, who in his infinite wisdom and wise dis-
pensation has deigned to afflict so small a num-
ber of this large family with this distressing mal-
ady.

Prognosis. In a Regular fit of Scurvy there



is very seldom great danger to be apprehended; it is only to be looked for in those attacks of the irregular and repelled form, when the Heart, Stomach, Lungs or Liver become the receptacle of the disease. Among the favourable symptoms of an irregular attack are the following—viz. a clean moist tongue, a natural appetite, healthy appearance of the face, the urine depositing its usual sediment, the nervous system becoming tranquil, and the local inflammation soon abating upon the application of Remedies, without a disposition of transference, or of fugitive without attacking new parts, or provided such should be the case, without severity.—

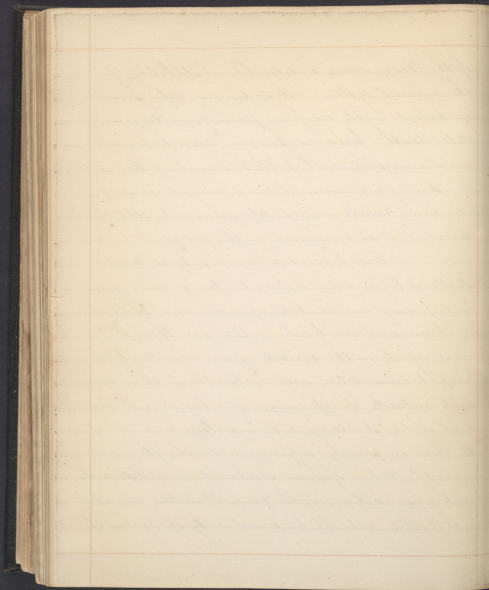
When we may anticipate an unfavourable termination of the disease, the following symptoms will be apparent viz. The system is weak and languid, remarkably dyspeptic, syncope, a quick translation from one place to another accompanied with sympathetic pains



27
of the Heart, and a considerable irritability of
the nervous system, extraordinary depression
of mind with excessive pain forming; untimely
death. Kind messenger presents his aid
and wings the soul to the tribunal of Heaven.

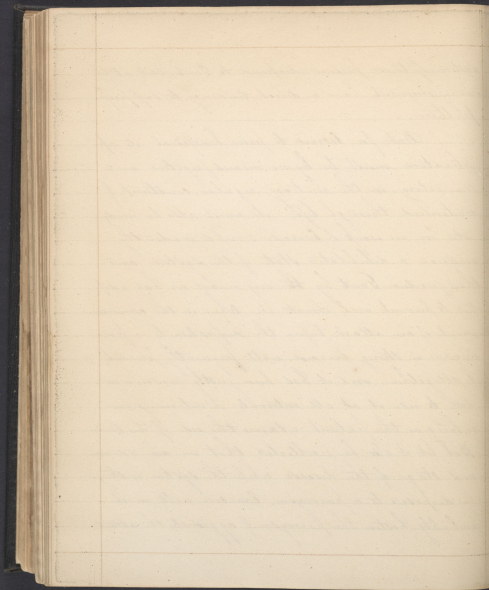
Having now accomplished a history, diagnosis &
treatment, I shall immediately proceed to state the
remedies most beneficial in the disease.

Those persons who are subject to at-
tacks of Scurvy derive it from the two great original
predisposing causes Intemperance and Indolence.
I am inclined to believe that were these two
great defects in the character of man obviated by their
complete annihilation, and in lieu thereof their de-
fect antidote Temperance and Exercise introduced
more seldom should we discover so large a number of
the human family suffering under this "ill fate
malady"; but as opinion should not be circulated with-
out a foundation, so the "corner stone" this edifice upon
is that those valuable traits not only strengthen the



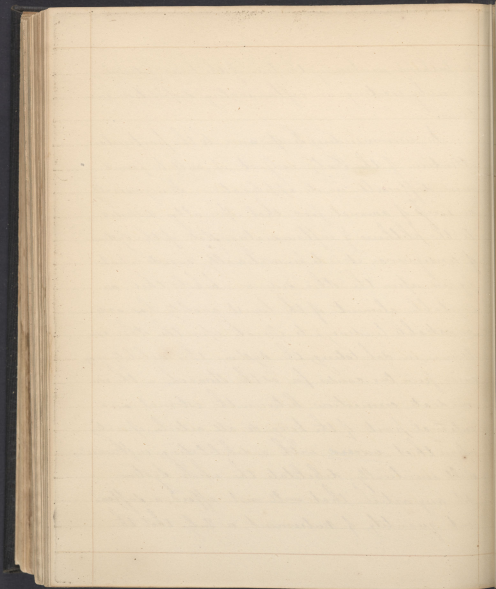
system of those persons ^{2^d} disposed to Cough, but at the same moment have a direct tendency to suppress phlegm.

But for Exercise to prove beneficial its application must be by no means fugitive and transitory, on the contrary regular, constant & continued through life; it must also be moderate for an excess of Exercise would undoubtedly induce a debilitated state of the system and thus produce Cough by the very means we had adopted to prevent and obviate it. When in the commencement of an attack before the disposition to a paroxysm is strong Exercise will frequently prevent it altogether, and it has been justly recommended to use it at all intervals & intermissions so long as the patient retains the use of his limbs. But let it also be recollected that in an advanced stage of the disease while the system is strongly disposed to a paroxysm, Exercise will most probably hasten the paroxysm & aggravate the attack.



by perhaps, awakening the tone of the lower extremities, or by exciting an inflammatory disposition in them.

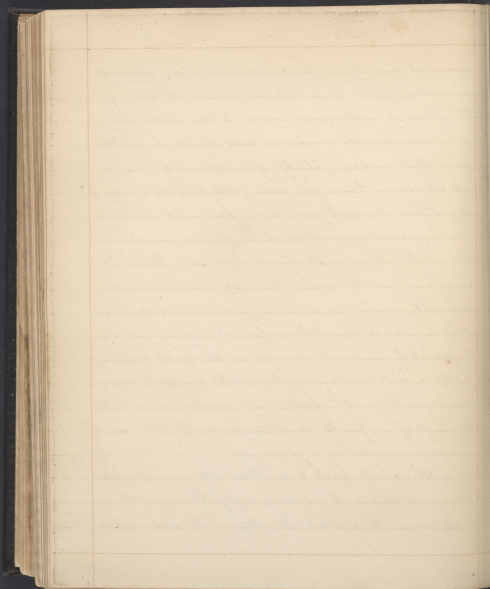
In recommending temperance to the particular attention of the truly subject, it will be found more difficult in its application: it is generally an enemy of animal food that especially disposes to the plethora & inflammatory state of the system; of consequence it is to be materially avoided; but again upon the other side we behold that as vegetable aliment of the lowest quality has an insupportable tendency to operate upon the other extreme, in debilitating the system; this debility may arise from two causes for as the stomach is the immediate connection between the external and internal parts of the body, so all articles operating upon that viscus with a debilitating influence, will eventually debilitate the whole system. ✓
Let any article that will not afford a sufficient quantity of nutriment, or only that the



principal quality in that article is of an aperient character, will undoubtedly weaken the tone of the stomach and consequently of the whole body.

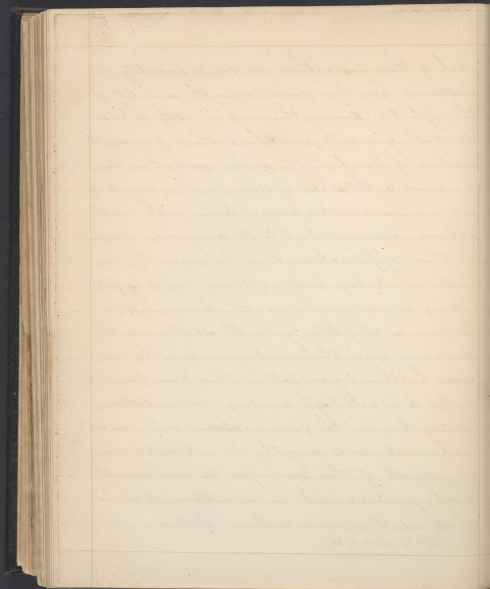
Therefore the medium diet should be adopted, food that contains plenty of nutriment and is at the same time free from flatulence and easy of digestion; for as highly improper as it would be for a person accustomed to temperance and exercise to abolish them instantly by becoming indolent & wallowing in the richest manna and intoxicating draughts, so also it would be as inconsistent for another immersed to sumptuous fare to relinquish it immediately and entirely - for in the first case a plethoric and inflammatory state would be induced, while in the latter we would find debility, and if a gouty diathesis prevailed their consequences would be a poroxysm.

The chief object to be attended to during a poroxysm is to terminate ^{it} as early as possible and then to endeavour to prevent its return. To accomplish

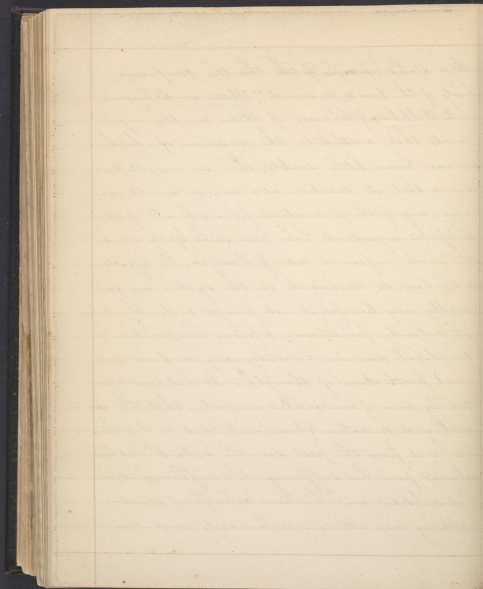


each of these indications no small quantity of
 nostrums have been palm'd upon the credulity of
 the afflicted. Among this mass of justly deprecate
 trash you will find the Portland powder, the
 mixture of Wedelin, the pulvis anthracinus Tenuis.
 &c. which with a host of others have been conjur'd up
 for a time and then consigned to their justly merited
 oblivion; and need I relate the consequences attend'd
 on their application, alas! too frequently have
 we beheld Dropsy, palsy, athanasia & apoplexy fol-
 lowing as consequences, and the shading of the
 picture is completed by breath stalling in the
 distance. Since the preceding nostrums have a-
 waken'd, has their day and fallen others have been pre-
 sented to us with high sounding recommendations,
 Among these are the Vinum colchici and Eau de
 Medicinale; and may they too not hastily share
 the just fate of their predecessors for even now the
 public journals relate many instances of the bad
 effects resulting from a continued ^{use} of them.

Hanson & Edmunds by King

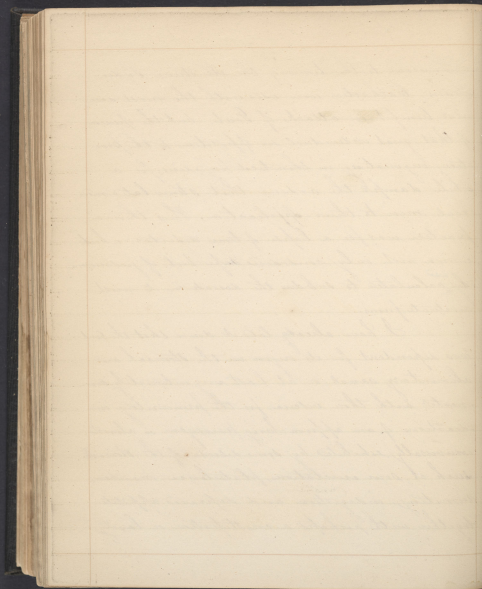


It is ^{openly} stated ^{as good authority} ^{of the} that the compound
part of the Eau & Medicinale, ^{the} Urticaria, Archieum,
White Willow & Sobacos, if these are the ingre-
dients that constitute the medicine, of which
we can have little doubt, then we might pre-
sume that its duration as a remedy would ex-
ceed any of the preceding, for nearly all of its
supposed ingredients have been successfully used in
the most confirmed cases of Podagra. The Effects
of the Eau & Medicinale on the system are gen-
erally very beneficial, it purges violently, vom-
its actively, producing copious perspiration &
plentiful diuresis, & occasioning in some cases
great prostration of strength. It has been asser-
ted by men of undoubted veracity, that the op-
eration is so active & beneficial, that in less than
24 hours from the first dose the patient has been
relieved from his sufferings, the inflammation
has subsided, and ^{has} been capable of standing
walking and attending to his daily occupation.



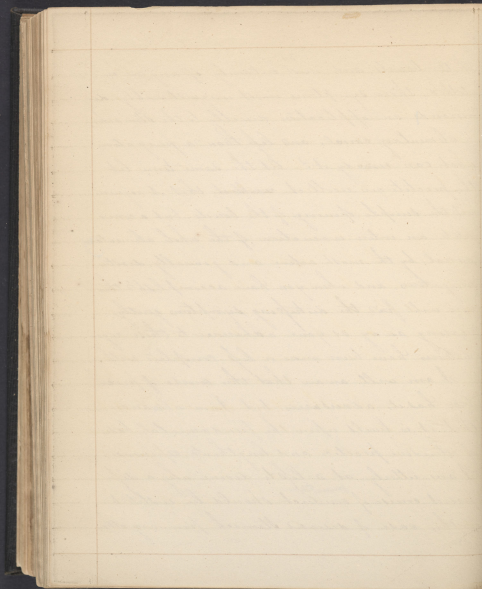
Reverend to the time of the illustrious Syden-
ham, Cathartics were used with the most deci-
dus benefit in attacks of Gout; but the opinion
of that great individual in opposition to the prac-
tice, originating in theoretical prejudices, for a
while damped the ardour that stimulates medi-
cal men to their application. Thus then a
practice was for a lapse of time deserted, which
is now not only considered safe but of judicious-
ly ^{now} calculated to subdue the disease in its most
militant forms.

I have already laid it down that the Gout
was dependent for its origin on the stomach and
alimentary canal or at least very intimately con-
nected with those viscera, for the premonitory in-
dications of an approaching paroxysm is almost
universally exhibited by some disorder of the stomach
such as sour eructations, flatulences, nausea,
vomiting, indigestion and depraved appetite
together with perhaps a constipation or laxity

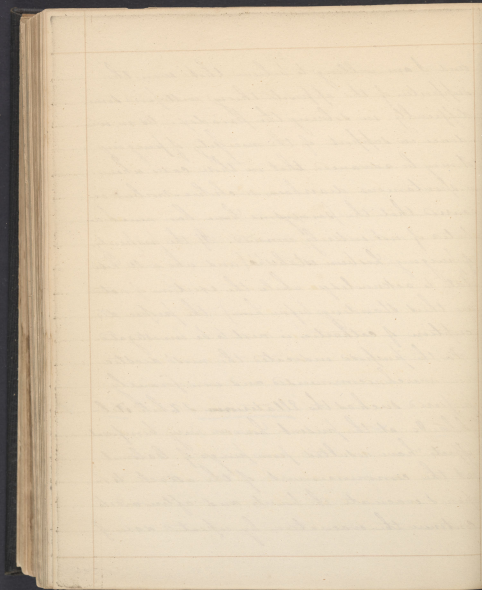


of the bowels, and most certainly if any are im-
pelled, these symptoms most unquestionably de-
mand an application directly to the stomach
& alimentary canal; and less than a purgative
shot can remedy it? At the same time let
the practitioner recollect ~~remember~~ that it requires
not the simple opening of the bowels, but a com-
plete an entire evacuation of the whole alimentary
canal, by the most active and generally, drastic
purgatives, and when you have accomplish'd this
you will find the distressing symptoms gently
wearing away as your adherence to those regu-
lations have been more or less complied with.

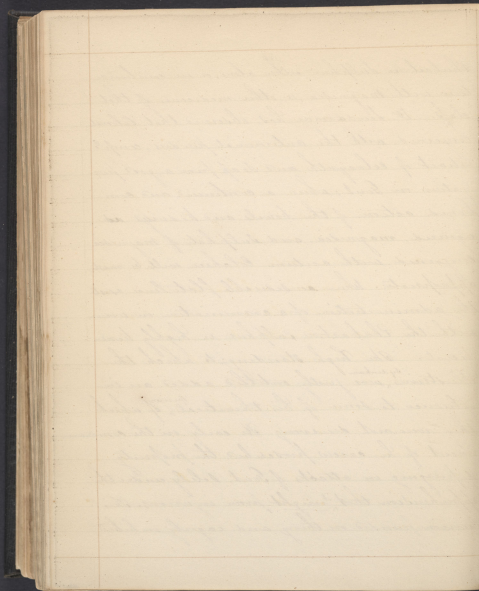
I am well aware that this course of prac-
tice has its adversaries; but I am also aware
that it is built upon the fundamental basis
of extensive practice and lengthen'd experience.
I am utterly at a loss to divine why a dif-
ferent course of conduct should be instituted
in this case of diseas'd stomach from any other



and I am willing to believe that even the
supporters of the opposite theory will find some
difficulty in solving the paradox. As an evi-
dence in support of the necessity of purging
it may be advanced that in those cases where
a spontaneous diarrhoea or cholera-morbus oc-
curs that the paroxysms have been much abated
if not entirely removed. If the propriety
of purging has been established (and who will hesi-
tate to acknowledge while the questions of nature
are thus standing before him) the proper de-
scription of cathartics is next to be investigated.
In the purpose indicated the most drastic
were much recommended and were formerly
prepared such as the Elettariæ & White Sul-
phuric at the present however very beneficial
effects have resulted from purges of Calomel
at the commencement of the attack to
open & evacuate the bowels and afterwards to
continue the evacuation by repeated doses of

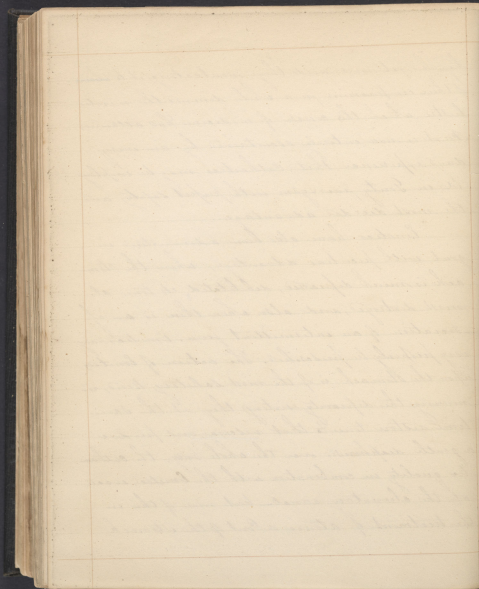


Rhubarb or Sulphur either alone, or in combina-
tion with Magnesia, or other medicines, of that
class. Dr. Sundaumar has observed that Calomel
conjoined with the antimonial powder, compo-
sition of colocynth and Soap, form a good pur-
gative in Gout; where a continued and com-
bined action of the bowels and kidneys ad-
quired, magnesia, and Sulphate of magnesia
conjoined with acetum Colchici, will be most
appropriate. When considerable flatulences exist
the administration of a carminative in union
with the Rhubarb or Sulphur is highly ben-
eficial. The high standing to which the
illustrious ^{Dr. Sundaumar} was justly entitled added an in-
fluence to some of his theatrical ^{performing}, of which
they were not deserving. He early in the commence-
ment of his career proscribed the propriety
of purging in attacks of Gout, solely under the
apprehension that it might prove injurious. This
opinion founded on theory and eagerly imbibed



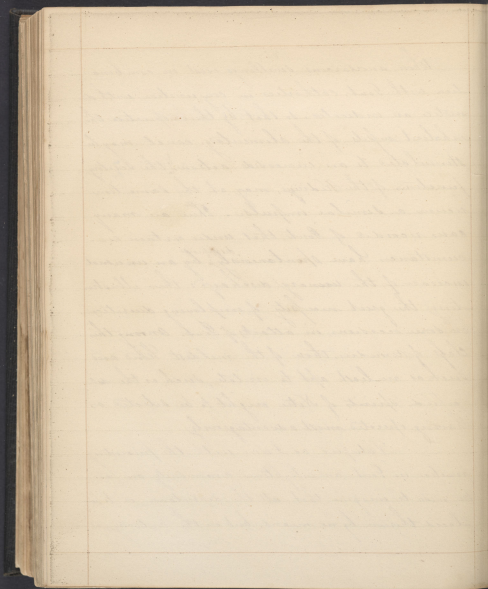
by his followers and they inculcating it to ~~their~~
their compassionate for a while divines the merited
lustre which the course of medicine has attained.
It is now entirely ascertained by an every
days experience that Cathartics may be employ-
ed in Gouty paroxysm with perfect safety and
the most decided advantage.

Emetics have also been administered in
gout with peculiar advantage, when the stom-
ach is much depressed, debilitated, its tones al-
most destroyed, and also when there is an af-
fection of an intermittent fever. Emetics may
very properly be prescribed. The action of Emetics
upon the Stomach is of the most salutary kind, re-
moving the depression, restoring them at the same
time restore tone to that viscera, and produce
a gentle diaphoresis over the whole body; the cathar-
tic quality in combination with the Emetic, evac-
uates the alimentary canal but more of this in
the treatment of atonic a Gout of the Stomach



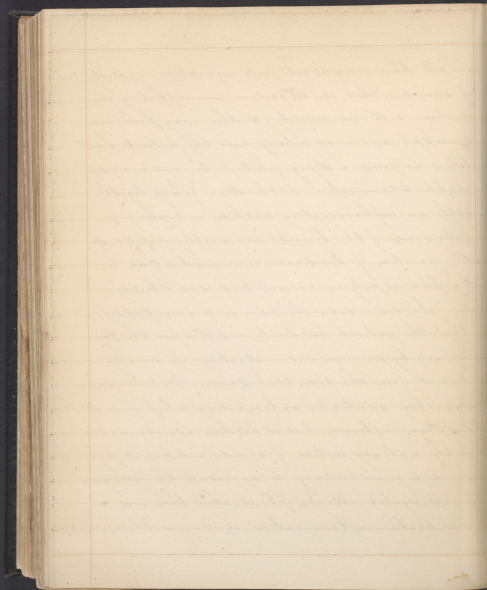
When anasarcaous swellings exist in combination with Gout, cathartics in conjunction with diuretics are indicated, so that by their operation the volent impulse of the alimentary canal may be stimulated to an increased action, the secretory functions of the Kidneys, may at the same time receive a similar impulse. There are many cases recorded of Gout that under certain circumstances have spontaneously, ^{diffusing} by an unusual increase of the urinary discharge, thus illustrating the great necessity of employing diuretics on some occasions in attacks of Gout. Among this class of remedies, those of the mildest kind and such as are least apt to irritate, such as the distilled Spirits of Nitre ought to be selected as having operated most advantageously.

Sad to find as I am with the preceding practice in Gout, an enlightened community so far to wide to imagine that all the dependance is to be placed thereon, by no means, but on the contrary, as



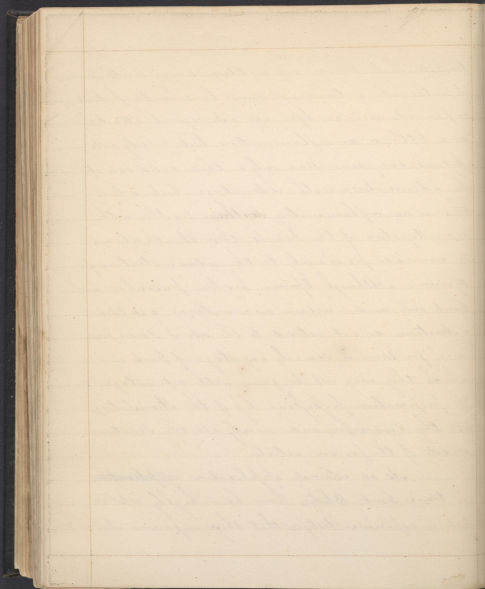
20
in all other diseases, call into requisition a variety
of remedies, that should ^{very} fail in accomplishing your
purpose with one remedy, another may prove more
successful and may entirely cure the patient. Some-
times we find a strong febrile pulse, and a consid-
erable determination to the Head & Lungs, together
with an inflammatory diathesis, indicating an
active use of the lancet, our worthy professor, of
the practice of Medicine, has remarked that he
has "bled as freely in cases of Gout as in Phurisy".

In some cases the pain is so excruciating, ✓
that the patient positively insists upon the Phy-
sician, by some means mitigating its severity.
And it is in this case, that Opium, has been con-
siderably resorted to, anticipating relief from its
sedative influence, but it has been ascertained that
on the contrary instead of affording relief, it pos-
sesses a great tendency to aggravate the paroxysm,
in all regular attacks of Gout, when there was a
considerable inflammation existing in the af-



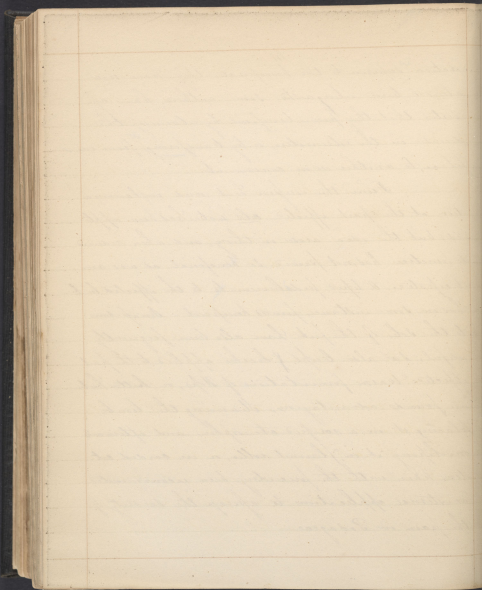
Indication. If there is any condition which would justify the use of Opium, it must be when the patient is far advanced in life, has had frequent attacks and little or no inflammation but merely restlessness and pain. And only in these cases can it be administered with advantage, but when there is an inflammatory diathesis together with a constipation of the bowels, this should always be removed previously to the administration of Opium. Although Opium has been prescribed in Gout only under certain circumstances, yet these restrictions do not extend to the use of Dover's powder, for there is scarcely any stage of Gout in which they may not be given with advantage; the preparation possessing both of the stimulating, all the sedative and nearly all the sedative effects of the former article.

As an external application ~~application~~ in tonic Gout, Blister have been highly extolled, but as experience testifies that their injurious effects



action is superior to the beneficial; they have now almost been relinquished; some authors, have asserted that they prove beneficial by retaining the disease in the extremities, or by transferring it from one place, to another more convenient.

From the excessive heat and inflammation at the part affected, ice water has been applied, but the idea arose in theory, and when reduced to practice has not proved so beneficial, as was anticipated. A lepis pediluvium & to the affected limb has in some instances, proved beneficial. - Sinapisms to the soles of the feet have also been frequently useful, so also cups of leeches applied to the part affected: Warm fomentations of Hops, or better huls are found advantageous, steaming the limb, placing it in a scalded atmosphere and afterwards enveloping it in flannel roller, or in carded cotton, have with the preceding been recommended as external applications to alleviate the severity of the pain in Podagra.



In consequence of frequent attacks of Podagra
with swellings & nodosities, appear at or near the
joints, at which the disease has been located, for
the removal of which three indications have been
suggested, and their remedies recommended. Viz.

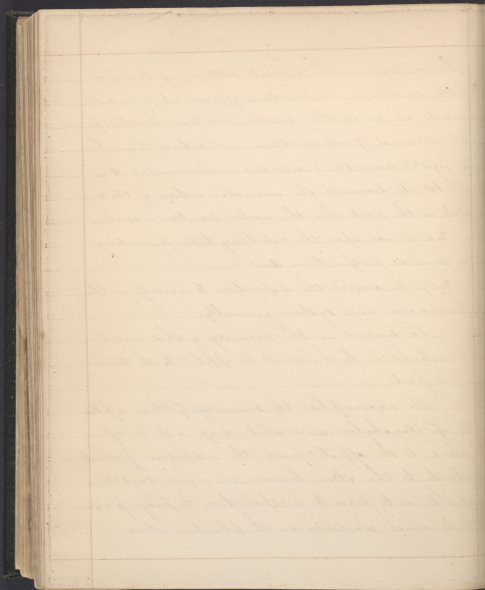
1st. To diminish the increased action of the vessels,
in the part where the morbid secretion is existing.

2^d. To act upon the capillary tubes, promoting
a profuse perspiration. And

3^dly. To correct the disposition to acidity in the
humours and system generally.

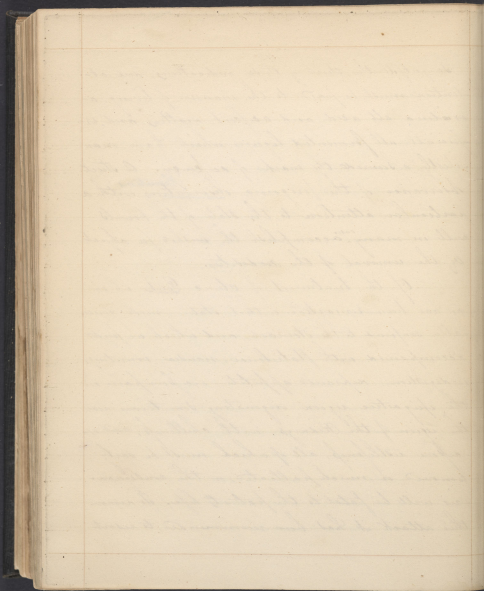
To succeed in the primary of these indications,
Cups or leeches, must be applied to the tumo-
riferous part.

To accomplish the secondary of them a plaster
of Opium and white soap is to be ap-
plied to the affected part: the adhesion of which
plaster to the skin becomes, in a few days so
slight as to permit perspiration to progress esp-
ecially which condenses on the plaster. And.



to fulfill the ⁴⁸th of these indications, due attention must be paid to the manner of living, avoiding all acid and acerb matters, and especially all fermented liquors which have manifestly assumed the marks of acrimony. A strict observance of the foregoing ^{Exercises} observations with a particular attention to the state of the bowels will in many ^{cases} accomplish the wished for object by the removal of the morbidities.

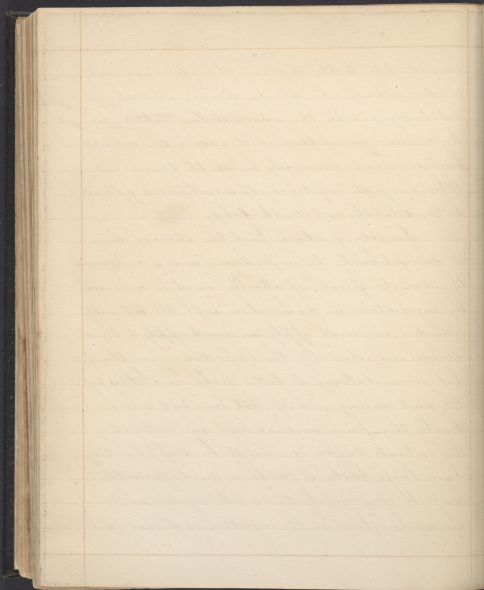
Of the treatment of acute Gout which as has been remarked is that state most generally confined to the stomach, and which we find accompanied with flatulencies, nausea, vomiting, indigestion, depraved appetite, excessive pain in the epigastric region, originating sometimes near the region of the Kidneys, with chilliness, and excessive restlessness, all of which must be early removed, or much palliated, or the consequences will be fatal to the patient's life. To remove this attack it has been recommended, to resort



44

immediately to the different stimuli, such as
Stale alkali, Ether, Mustk, Opium, wine whey,
et. toddy, &c. In the administration of these per-
haps some one of them will answer the intended
purpose: most commonly however the Opium and
Ether, are first employed, these afterwards followed
by the ed. alk. and Mustk Galap.

In cases of atonic Gout the Stomach loses
its susceptibility to impressions, and of consequence
the docs to operate effectually must be considera-
bly augmented; in combination with the internal
remedies we must apply ~~an~~ ^a ~~mouth~~ ^{mouth} apply to the ab-
domen, and especially the Epigastric region through
hot fomentations of bitter herbs, a cloth wet-
ted and wrung out of Hot brandy, which
should they prove unsuccessful in mitigating
the patients suffering, must be supplanted
by a large blister of cantharides, sufficiently
large to cover nearly the whole region, all this
in combination with injections of Storck and

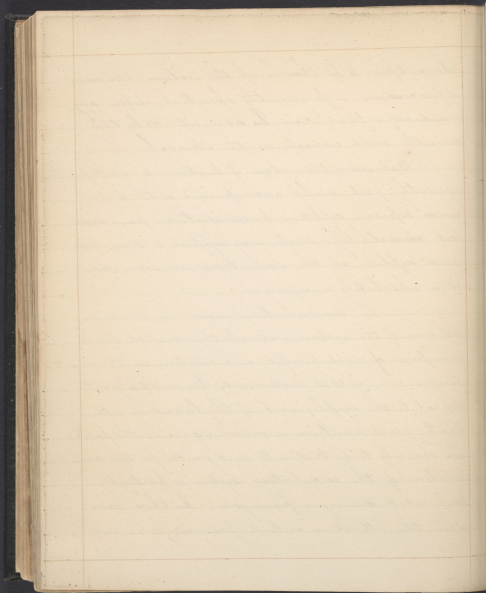


43

Time. Opium to be thrown up the rectum. this course of procedure is frequently essential, before any medicine that can be administered by the mouth will remain in the stomach.

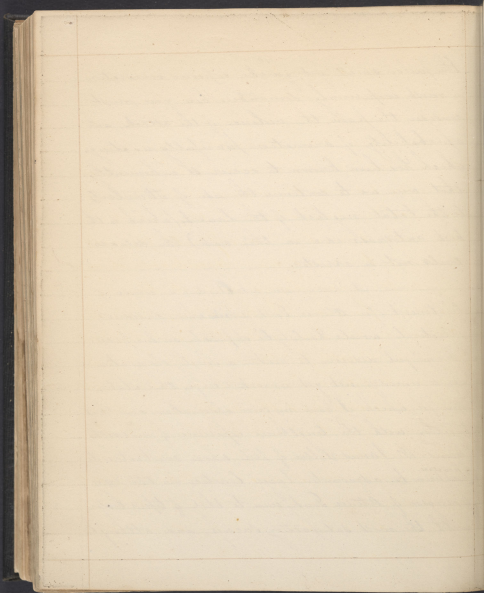
But even this plan of treatment will frequently fail unless accompanied with a powerful copious depletion by venesection; paradoxical as it may appear to stimulate and deplete at the same time. in some cases it is absolutely necessary—

The denunciations of some of the medical men of the eastern world of the use of the lancet may prove of great benefit as a caution in the proper use of that instrument. Undoubtedly with respect to the employment of the lancet in atonic fevers great caution is much required; the pulse is scarcely to be trusted to as a guide, for the animation of the circulating system is partially suspended during a paroxysm; In these cases when the attack is violent, pain excessive, and



the pulse small yet quick, copious venous
is most imperiously demanded: here you must
consider the pain, the violence of the attack, and
probability of animation powerfully reacting,
which has been known to occur so vehemently,
that even we to continue the use of stimulants
to the total neglect of the Laxative (which is the
best antispasmodic in this case) the disease
could not be arrested.

I have now concluded a course of
treatment for Atonic Sout which when considered
collectively would hardly be opposed by an European.
I am full desirous to make a single observation
on a remedy not yet remarked on for this state,
one for which I have my own observation, and that
together with the lengthened experience of my worthy
friend Dr. James Sutton of Lech, whose constant ^{of frequency} use
has been to administer large Emetics in the very
paroxysm of Atonic Sout, even to that of tepid water
with the most satisfactory success; and although

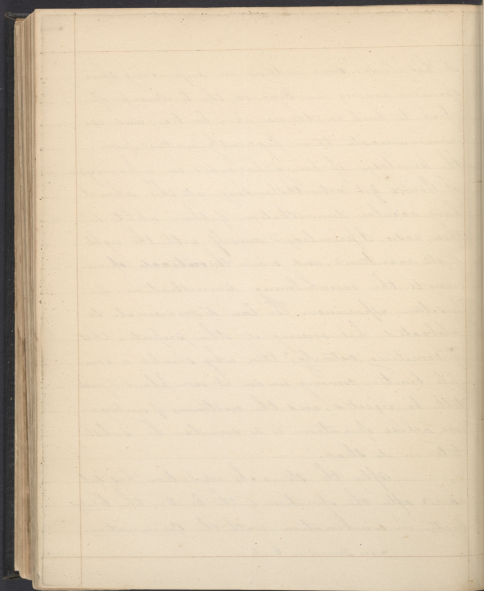


47

It has pleased some authors in dispensing their opinions among mankind on the treatment of Gout, to hurl anathemas upon Emetics, and to communicate them frequently untrue, from the privilege of being hazardous in a paroxysm of Gout; yet notwithstanding all this, when I have ocular demonstration of their utility in these cases, I privileged myself with the right of all mankind, and gave theoretical opinions to the overwhelming demonstration of positive experience. The Eau d' medicinale so celebrated, has among its other properties that of "vomiting, actively;" then why should a simple Emetic, coming under its own plan & just title be rejected, and the nostrums of empiricism whose operation is so similar be substituted in its stead.

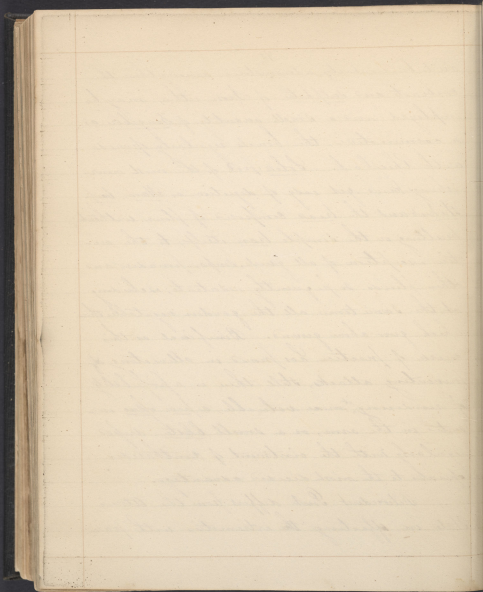
After the stomach's irritation has subsided after the operation of the Emetic, the Cholagogue, in combination with the Carminative

* see Thermal on Gout.

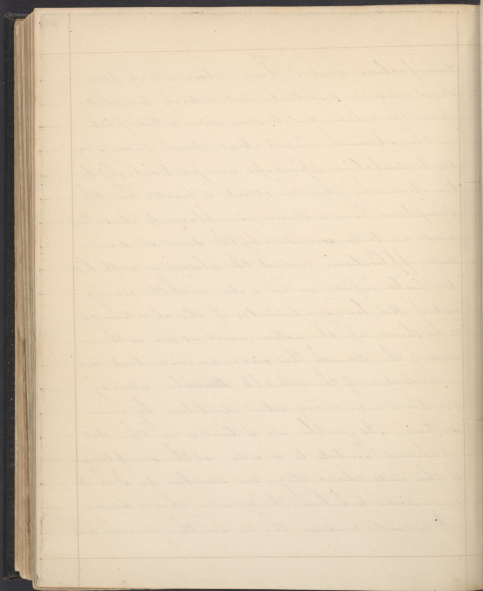


46
are to be regularly administered, among these the
carbonate and sulphate of Iron, either, may be
employed and a small quantity of Bingell's as
a carminative, the bowels regularly opened
with Castor oil. Solid food of the most nour-
ishing kind get easy of digestion as Ham, beef-
steak and the bread composed of flour without
boulting or the simple bran itself, to the ex-
tensive exception of all gruels, soups, farinades, and
other fluids so frequently resorted to; including
at the same time all the garden vegetables that
which grow above ground. Beneficial as this
series of practice has proved in alleviation of
preventing attacks, still there is a possibility
of rendering it more valuable, a pea issue in-
serted in the arm, or a small blister dressed
regularly with the ointment of cantharides
operates to the most decided advantage.

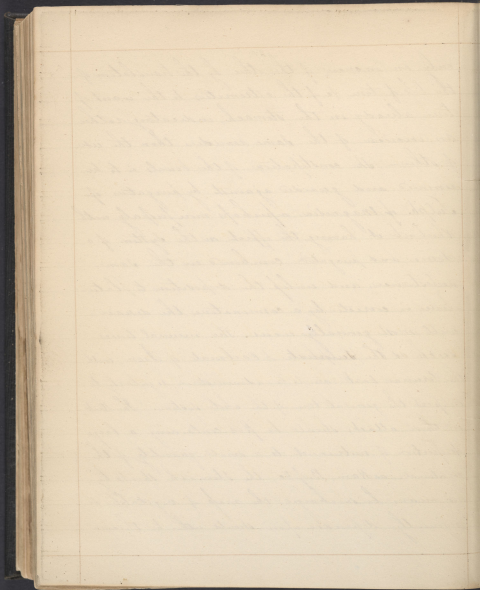
Retrocident Pout differs from the Atonic
State in affecting the extremities with pain



tumefaction and inflammation which from some cause is suddenly and entirely translated from the extremities to some more vital part as the Stomach, Lungs, Heart, Kidneys &c. the translation is perhaps more particularly to the stomach, when the attack is located here the symptoms have a strong resemblance to atonic P^{ne} and are to be remedied by the same medicines and applications, foment the abdomen with bitter herbs infused in hot water, or cloths wrung out of Hot-brandy. Enemata of Marsh-Mallows, Opium to be thrown up the rectum, and as soon as the action of the stomach has ceased, an immediate administration of the diffusible Stimuli already mentioned, and very active depletion by venesection. As for the use of Emetics in this state I almost hesitate to decide, as the symptoms of this and so atonic stage are similar so I should be induced to believe the remedies should coincide. I do not consider this as another disease but



only an increase of the ⁵⁰ other by the translation of
the loss of tone &c of the extremities to the want of
tone already in the stomach, indicating rather
an increase of the same remedies than the use
of others. The constipation of the bowels is to be
removed and guarded against by purgatives of
Sulph. of Magnesia, a perhaps more judiciously with
Rhubarb it having the effect on the system of a
Tonic and purgative combined in the same
substance; and unless the disposition to flatu-
lence is corrected by a carminative the disease
will most generally recur. The mineral tonics
such as the Sulphate & Carbonate of Iron, with
the Peruvian bark are to be administered regularly to
support the general tone of the whole system. The Diet
in these attacks should be food containing a large
proportion of nutriment to a small quantity of the
material as Ham, Beef &c; the stomach should by
no means be surcharged; the mass of vegetables so
frequently depended upon should rather be thrown

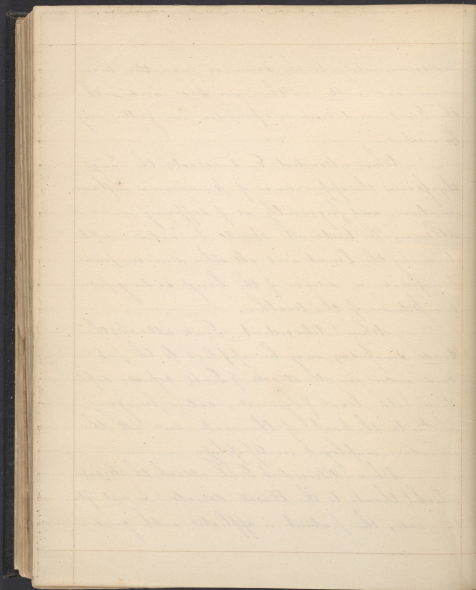


indiscriminately to the burn, or permitted to remain and wither in their own heat, and with the Emuls, and scrap and poradon, our gutters may be washed.

When antecedent Cough attacks the Lungs they assume the appearance of pneumonic inflammation, and frequently as if suffering under asthma. The treatment should be active depletion by the lancet and all other remedies found beneficial in diseases of the Lungs arising from vicissitudes of the weather.

When Antecedent Cough attacks the Head sinapisms may be applied to the feet and indeed in all attacks of Cough, cupping, depletion both local & general, active purging, blisters to the back of the neck, and all other remedies employed in apoplexy.

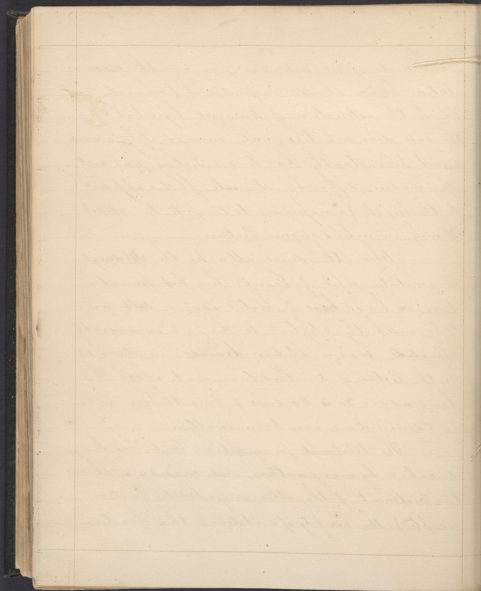
When Antecedent Cough attacks the Wrist (which thanks to the Eternal director) is not often the case, the patient is afflicted with great



pain in the foot, with tenesmus, and the circula-
tion being almost suspended it terminates, has
tally in the extinction of animal life, but when
the case does not terminate immediately, emolus
must be instantly had to resuscitation, and ant-
spasmodics, diffusible stimuli, blisters applied
to the breast & diaphoresis to the feet. This attack
strongly resembles angina Pectoris.

When the disease attacks the kidneys
it imitates a fit of Gout, here hot fomenta-
tions, or bags ~~bags~~ of heated sand or salt are
to be instantly applied to the part immediately
affected, warm diluting liquids, injections in-
to the Rectum of emollient lunars, to which has
been added 30 or 60 drops of Opium. the hair may
be administered very beneficially.

The treatment for migraine Gout has been
described by many authors, and coincides with
the treatment of the other irregularities (see p. 100
(scripted), the necessity of a relation is then obvious.



33

In case of irregularities I have seen two
cases of atonic Gout treated with the numer-
ical salivation, one it entirely cured for the
space of 7 years and the other it as effect-
ually destroyed.

I have now concluded my observations
on Gout: an apology might perhaps be offered for
it, perhaps, then let any persons recollect the sub-
ject and ask himself if Gout and humors are
concomitant? Through these remarks I have
endeavored to adhere as closely to the best of au-
thors of the present day, and should I in any
case disagree, be assured it is from an entire con-
viction of the truth of the opinion offered, and
from no desire of advancing new ones. I am
aware that I have not recorded all the medicines
used in Gout, because I deemed it unnecessary even if
I were in entire possession of the whole, but I believe I
have adhered strictly to a few the beneficial
tendency of which cannot be doubted.

